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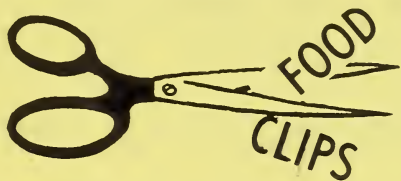
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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
OFFICE OF COMMUNICATION WASHINGTON, D. C.

December 24, 1973



## In This Issue:

- 1 On "Submarine" Gardens
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A calla (or callie) is a shoulder cut of pork which has been cured and smoked in the same manner as ham. Cook to 170°F. internal temperature. Check with your thermometer to be right.

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The butt end generally refers to the upper, meatier half of the whole ham from which several slices have been removed for separate sale. Sometimes it is called the butt portion according to home economists at the U.S. Department of Agriculture.

\* \* \*

What is cranberry velvet? Usually it is the name given to a dessert of marshmallows, whole berry cranberry sauce, drained pineapple, lemon juice, and heavy cream which is whipped smooth and mixed and frozen or chilled in the refrigerator.

\* \* \*

A picnic ham refers to the front shoulder cut of pork which has been cured in the same manner as ham. It may be canned, in which case it is fully cooked. Otherwise it should be cooked to an internal temperature of 170°F.

## A SUBMARINE GARDEN?

Some day -- man may be able to grow vegetables in the depths of the ocean. Or maybe in space. Basic agricultural research with high-intensity discharge lamps may help make it possible according to experiments by U.S. Department of Agriculture agronomists.

Ship-board gardening? Why not. It could not only supplement the sailor's diets, but could be a means of recreation during long weeks at sea, according to USDA agronomists. But, gardening in windowless "greenhouses," on land or sea, presents basically the same problems -- no light. Light is necessary for vegetable production.

The right intensity and quality of light must be provided for vigorous plant growth. High intensity discharge lamps (HID) include high-pressure sodium, metal halide, and white mercury lamps.

Experiments, thus far, have indicated that growth of tomato and lettuce seedlings increased as the amount of light increased. Lamps probably could be modified to produce faster growth and more efficient use of energy.

## THE ENERGY CRISIS —

Many families are turning to their fireplace to take the chill off the house now, and will be doing it more often as we get into springtime when the central heating system is sometimes turned off. A small fire will usually dispel early morning and evening chills more economically than a large heating system. Less fuel is consumed and a large volume of heat is quickly produced. And a fireplace can be used for emergency purposes in case of total power failure or temporary loss of power from storms.

But -- in many areas, wood is hard to come by. Next choice? Why not newspaper logs, and, roll your own. The key to making good newspaper logs is compaction, according to the Forest Service of the U.S. Department of Agriculture. The tighter the newspapers are rolled and packed in forming the log, the greater the intensity of heat generated and the less fly ash formed when the log burns. Materials needed: (1) a discarded broomstick (old curtain rod or round piece of garden stake or bamboo, with as small diameter as possible), (2) stack of old newspapers, and (3) water for soaking logs.

Newspapers should be interfolded and rolled tightly; ideal compaction can be obtained by soaking the logs in water after they are formed. Because of the short fibers of the newsprint, the water will tend to break up the fibers, then, knead or squeeze the roll after soaking.

Take two full double sheets of newspaper, lay them on the floor, unfolded in front of you. Overlap the two sheets so the vertical edge of one meets the vertical fold of the other to form a panel of three newspaper pages wide (a single sheet on left, two overlapped sheets in the middle and a single sheet on right). Fold the uncovered half of the sheet next to the floor over the other sheet, to the center-fold. Now, you have two newspaper pages laid out flat before you, with three layers on one side and a single sheet on the other.



## —AND HOW TO USE THAT FIREPLACE

Take another full sheet (two pages folded in the middle) and place its vertical edge to the vertical fold on the stack before you. Close the free page on the opposite side over this to again form a flat surface of two newspaper sheets, one on a stack of five thicknesses, the other a single sheet. Continue this process for 10 full, two page sheets, fold the tenth open page closed to complete a flat surface the size of a single newspaper page, 20 sheets thick. This interleaving makes the paper more compact and easier to roll.

Then, make a second interleaving stack, exactly as you did the first.

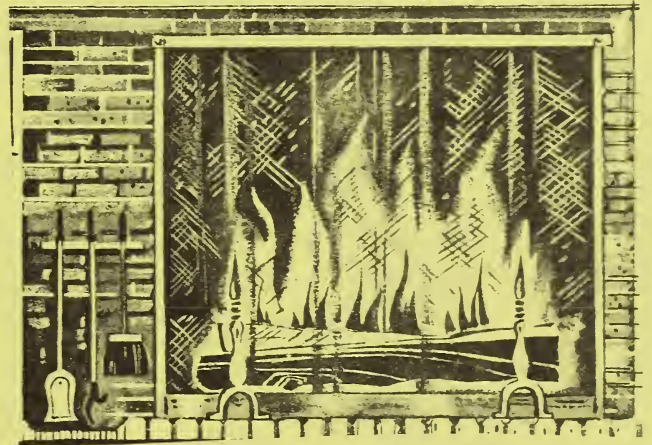
With the bottom of the first page-sized

stack touching your knees, place the second stack on top of the first, with the bottom of the second being about six inches away from your knees. The sides of the two stacks should be par-

allel, but with the far end of the second extending about six inches over the first.

Make a third stack (as you did the first two) and place it in the same manner over the second, again with the far end of the third extending on six inches from the far end of the second. Then, repeat this process through five stacks. When laid out, they will form a continuous ribbon in front of you about four feet long.

From your starting point, curl the exposed end of the bottom stack over the broomstick or rod. Keep rolling it onto the second, third, fourth and fifth stacks until you have the entire ribbon wrapped around the rod, forming the log. While holding the roll to keep it from unwinding, tie a string, fine wire or piece of tape around the two ends of the log, in about two inches from the edges.



## HOW TO USE THAT FIREPLACE (cont.)

Pull out the broomstick or rod, for use on your next log. The log is now ready for the fireplace. However, a hotter, more efficient fire from the log can be achieved by following the soaking process described in the succeeding steps.

Soak the completed log in water overnight, perhaps in a laundry room sink, galvanized washtub or wheelbarrow. A tablespoon of detergent in the water can be added to help soaking compaction and minimize fly ash when the log is burned.

As you take them from the water, knead them with your fingers along the full length. This tends to break up the fibers of the newsprint even more and compact the log. Lay the log out to dry, either outside or on the concrete floor of your furnace room. Depending on heat and humidity, it will take one to several weeks for the log to dry. Then, it is ready for burning. A supply should be built up, so dried logs can be used as others are drying.

## MORE ON THOSE PEANUT LOGS

The experimental peanut hull logs as reported in the Nov. 26th issue of Food and Home Notes should have stated that the cost of the logs (in the experimental studies by agriculture researchers) was 17 cents per log. However, due to the cost of equipment, labor, and overhead, we cannot estimate what these logs actually would sell for in the retail market. The important point of the story, however, is not the cost of the logs, but that, yet another by-product of agriculture can be used in trading air pollution for a useful product. And a product which may help to warm the hearth.

### PLEASE NOTE:

There will be no issue of Food and Home Notes for December 31. The next issue will be dated January 7, 1974. Happy holidays.

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### COMMENTS AND INQUIRIES TO:

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